



Snap Beans

DID YOU KNOW?

Snap beans and dry beans come from the same species of plant. Different varieties are harvested at different stages of growth.



Snap bean varieties are harvested when the pods are young and tender.

Dry bean varieties are harvested when the bean pods are dry and the seeds are hard.

ORIGINS

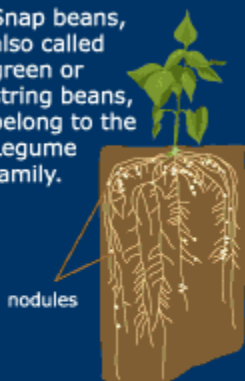
Snap beans come from a plant that is native to Central and South America. People were growing beans in Peru over 7,500 years ago — before they were growing corn or making pottery.



threshing bean pods for their seeds

CLASSIFYING BEANS

Snap beans, also called green or string beans, belong to the Legume family.



Many legumes have root nodules where special bacteria, called *Rhizobia*, live. These bacteria can take nitrogen from the air and change it into a form that plants can use.

FAMILY Fabaceae (Legume family)



There are about 18,000 species in the legume family, which includes peas as well as many other vegetables that have seeds in pods.

GENUS

Phaseolus

In Latin this means "small boat."



The bean pod is shaped like a little boat.

SPECIES

vulgaris

means "common."

This bean species is commonly grown, both as a snap bean and a dry bean.



THE SNAP BEAN PLANT

There are two main types of snap beans - bush beans and pole beans.

bush bean



The small flowers are white, red, or purple.

Pole beans need support.



The leaves have three leaflets. Leaflets are rounded at the stem ends and pointed at the tips.



The pods come in green, yellow, purple, or red.



GROWING AND HARVESTING SNAP BEANS

Snap beans are very easy to grow. Do not plant until all danger of frost has passed and the soil is warm. They like full sun and well-drained soil. Keep well-watered.

Snap beans are ready to pick when they are the width of a pencil and the pods snap when you break them.



USES

Snap beans are used in stir fry, stews, and soups. You can also steam them and eat them right away, or add them to a salad.

